Abstract

Tittle: Biomechanics of pedaling as a determinant for the performance in the cycling part in the triathlon

Objective: Prove that mastering pedaling technique, means higher performance in triathlon.

Method: For the analysis of measured data use software SPSS, in which we use the test for two independent (paired) files. Due to the characteristics of the file, we used the Mann-Whitney test, we set the significance level at 0.05. Then we set standards for the selected test using T-points.

Results: On the basis of the hypotheses, we conclude that there satisticky significant difference between groups (selection, other) the test results in the men's category (sig. 0.019). The opposite results were observed in the women's category (sig. 0.683). Performance comparison groups of men and women were different and statistically highly significant (sig. 0.000). Another result of this work is to establish standards by T - points for members of the youth sports center (YSC) in the triathlon for the assessment test at maximum cadence bicycle ergometer test in Cyclus 2.

Keywords: pedaling cadence, YSC, diagnostics, maximum pedaling cadence test, Mann-Whitney test